

Cauliflower Puree

This vegetable side dish provides pure cauliflower flavor with a smooth, silky texture.

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

1 each	Cauliflower, large, roughly chopped
¼ cup	Butter, unsalted
¼ cup	Milk, 1%
½ tsp	Kosher Salt
To taste	Black Pepper, ground

CHEF'S NOTES

To obtain the proper consistency, make sure to not overcook your cauliflower. The readiness of the cauliflower can be tested by piercing it with a fork. When the cauliflower cuts easily with the fork, it is ready to be drained and pureed.

The finished puree reheats well and can be made a few days in advance.

Add aromatics such as sauteed onion & garlic to compliment your meal.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a pot of water to a boil. Once boiling, add the cauliflower. Cook until fork tender.
3. Drain the cauliflower and transfer to food processor or blender. Puree cauliflower until smooth.
4. Add the butter, milk, and seasonings and blend. If cauliflower is too thick, add milk in small amounts. Puree until it reaches a light and smooth consistency.
5. Serve hot and enjoy!

Nutrition Facts

8 servings per container

Serving Size 1/2 cup (79 g)

Amount per serving

Calories 70

% Daily Value *

Total Fat 6g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 140mg 6%

Total Carbohydrate 4g 0%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.47mg 3%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from Health meets Food, "Cauliflower Puree", (11/10/16)



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